

Statistics Report 32013, Potsticker or wonton, pork and vegetable, frozen, unprepared

Report Date: December 05, 2015 08:35 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	70.94	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Energy	kcal	136	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Energy	kJ	568	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Protein	g	8.28	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	03/2013
Total lipid (fat)	g	5.52	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	03/2013
Ash	g	1.99	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Carbohydrate, by difference	g	13.28	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Fiber, total dietary	g	1.4	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	03/2013
Sugars, total	g	2.76	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	03/2013

Minerals

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Calcium, Ca	mg	28	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	03/2013
Iron, Fe	mg	0.74	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	03/2013
Magnesium, Mg	mg	21	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Phosphorus, P	mg	127	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Potassium, K	mg	284	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Sodium, Na	mg	441	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	03/2013
Zinc, Zn	mg	1.67	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Copper, Cu	mg	0.034	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Selenium, Se	µg	17.7	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Vitamins													
Vitamin C, total ascorbic acid	mg	8.3	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	03/2013
Thiamin	mg	0.367	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Riboflavin	mg	0.127	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Niacin	mg	2.236	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid	mg	0.340	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Vitamin B-6	mg	0.248	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Folate, total	µg	18	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Folic acid	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Folate, food	µg	18	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Folate, DFE	µg	18	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Choline, total	mg	52.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Vitamin B-12	µg	0.26	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Vitamin A, RAE	µg	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Retinol	µg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Carotene, beta	µg	45	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Vitamin A, IU	IU	78	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Lutein + zeaxanthin	µg	21	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Vitamin E (alpha-tocopherol)	mg	0.25	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin D (D2 + D3)	µg	0.2	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Vitamin D	IU	10	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Vitamin K (phylloquinone)	µg	55.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Lipids													
Fatty acids, total saturated	g	1.724	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	03/2013
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
10:0	g	0.009	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
12:0	g	0.002	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
13:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
14:0	g	0.071	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
15:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
16:0	g	1.043	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
17:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
18:0	g	0.553	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
20:0	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
22:0	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
24:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Fatty acids, total monounsaturated	g	2.519	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
14:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
15:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
16:1 undifferentiated	g	0.166	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
17:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
18:1 undifferentiated	g	2.276	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
20:1	g	0.040	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
24:1 c	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Fatty acids, total polyunsaturated	g	0.782	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
18:2 undifferentiated	g	0.684	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
18:3 undifferentiated	g	0.057	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
20:2 n-6 c,c	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
20:3 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
20:4 undifferentiated	g	0.021	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
22:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	03/2013
Cholesterol	mg	17	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	03/2013
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Caffeine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Theobromine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013